

**Open up a Health Account** by eating foods that make you fit for the day's work without overtaxing the stomach, kidneys or liver. The continued eating of indigestible foods with large percentage of waste means diseased livers and poisoned intestines. Keep your stomach sweet and clean and your bowels healthy and active by eating **Shredded Wheat Biscuit**. It is easily digested. It contains all the material needed for the nourishment of the human body. Open a health account for you to draw upon. For breakfast or any meal with milk or cream. Made at Oakland, California.

## Arizona Grocery Co.

Spuds per hundred, \$4.50. Carload at this price; quality fancy; carefully sorted; potatoes are scarce and the market is about \$5.00 car lots today.

### PRUNES

Another shipment just received. 5 lb. tin Jumbo Prunes, 85c.

### DATE NUT BUTTER

New lot, per glass, 15 cts., two for 25c.

### JELLO

Big shipment, all flavors; 1 pkgs. .... 25c

### SOAP

When you need soap get our prices; we are headquarters for both toilet and laundry soaps.

Bar Soap, per cake, 7 1/2c  
Bar Soap Hardwater Castile Bath Soap, 3 bars for 25c.

Pink Beans, per lb., 11c  
Standard Tomatoes, can 10c.

Large can Peaches, 15c.  
2 cans Sliced P-apple 25c

Large can Apricots, 15c.  
3 pkgs. Macaroni, 25c.  
1 lb. can Hershey's Cocoa, 38c.

### EXTRA SPECIAL

30 doz. extra fancy Bartlett Pears, regular 30c; labels slightly damaged; while they last, per can 20c

### GRAPE JUICE

Armour's Grape Juice, per quart, 35c.  
Dole's Pineapple Juice, per pint, 20c.

America is the last of the nations to appreciate rice, the cereal that feeds more than half of the peoples of the world, the food on which Confucius lived and which 24 centuries later gave to a Japanese army the endurance that defeated Russia in the Orient, the food that Europe is now adopting in lieu of meat.

We have some good values in RICE

## Arizona Grocery Co.

Phone 455-1954

## VILLA FORCES MUCH LARGER THAN THOUGHT

[Republican A. P. Leased Wire] JUAREZ, Mexico, April 13.—Villa forces in the Namiquipa district of Western Chihuahua number more than five thousand men, according to an officer of General Francisco Murguía's staff who arrived here today from the military base at Casas Grandes. He said Jose Ynez Salazar and Villa were in command of the main band, and that the rebels strength had surprised General Murguía, who took only four thousand men south from here last Sunday and Monday in his campaign against Villa. Because of Villa's unexpected strength, the staff officer said the offensive had been delayed until General Eduardo Hernández had advanced with two thousand cavalry troops from Guerrero toward Namiquipa from the southwest and a detachment of General Joaquín Amaro's forces had passed through Santa Clara Canyon from Sauz station to engage the Villa forces on their right flank. These troops now occupy Santa Clara canyon, where there is water and forage. No fighting has yet been reported south of Casas Grandes, although skirmishing between Villa and Carranza outposts has been reported to have headquarters from the vicinity of the Cumbre tunnel. Another trainload of troops left here today to reinforce General Murguía's column. The defeat to government's commander, carried supplies with him for a campaign of thirty days in the field, the staff officer said.

**Raid American's Ranch**  
DOUGLAS, April 13.—General Jose M. Acosta and 24 followers raided the ranch of S. M. M. Sherman, an American, 20 miles south of Navajito, Thursday, according to arrivals here. Food, twelve horses and saddles were taken and Ramón Leon, the manager, forced to accompany the bandits when they left, riding southward. Acosta is said to have repeated his threats against General P. Elias Calles, now in the Bahuripa district with a small escort, commanding for governor of the state. No word was received today in Agua Prieta as to the whereabouts of the Carranza forces following Acosta.

## GOOD HORSES NEEDED BADLY

[Republican A. P. Leased Wire] NEW YORK, April 13.—There never was greater need in the United States than at present for the "right kind" of horses for military purposes, in the opinion of Major General Leonard Wood. The views of the commander of this district of the east on this subject were contained in a letter expressing regret at the destruction by fire of the buildings at Belmont Park, made public tonight by August Belmont. In his letter General Wood said he feared the fire might tend to interfere still further with the development of the thoroughbred horses of the right type. "If you had seen the horses which we bought last summer," he said, "you would have realized that breeding was a lost art among the general run of our farmers and stock raisers, or at least that they have lost touch with the galloping blood and gone draft on draft strains. The horses which we got for the cavalry and field artillery were most of them mongrels and would have given poor service in war."

## WAR MATERIAL SOLD; MEN ARE UNDER ARREST

(Continued From Page One)

An American flag from the front of his place business.

A German who has been serving in the Mexican army of the north as purchasing agent, and whose name is said to be Gottwald, is also reported to have been interned here pending an investigation of his connection with an American deal on the American side of the border.

A German who was arrested near Pecos, Texas, for having maps and blueprints in his possession, has been taken from the brick guardhouse here and placed in the stockade. It was thought at one time he was a high official of the German government but it is now believed he had no connection with any German officials in the United States.

The two strange Germans who were arrested by the military guards at Elephant Butte dam in New Mexico have been released as it was found they were itinerant tailors and their supposed maps were only patterns for coats and trousers.

Hire a little salesman at The Republican office

FORD ROADSTER FOR SALE. Phone 455.



Phoe nix Hose

### MEN'S HANDSOME OXFORDS

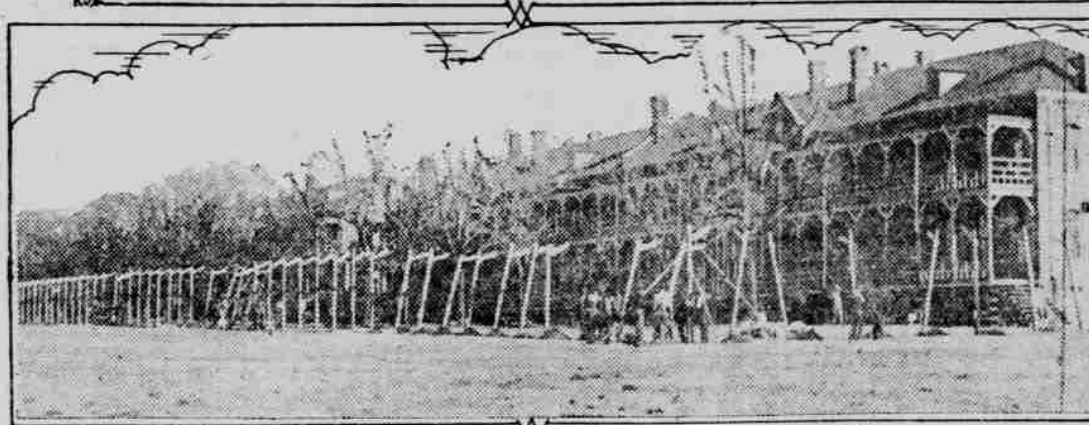
This illustration represents one of our gun metal English Oxfords, an excellent selling number and a favorite among the young men of the city. It is made from select calf skin, solid oak soles and insoles, and made over a last that insures perfect fit. UNION MADE by the E. T. Wright Shoe Co.; all sizes and widths A, A, B, C, and D. Selling price the pair \$6.50.

NELSON SHOE CO., INC.

42 Washington Street

Phone 676

## UNCLE SAM PUTS INTERNED GERMAN SAILORS BEHIND STOCKADES



Squad of interned German sailors marching into Fort McPherson, Ga.; the stockade around the buildings which house the Germans at Fort McPherson.

While it is reported that some of the sailors taken from the interned German ships will be permitted to enjoy their liberty if they show an apparently sincere desire to behave themselves, a great many who have shown an inclination to commit mischief will be held in internment camps until the close of the war. Some of the latter variety are shown above. So busy were they with plots in Philadelphia, where their vessels were interned, that they were recently removed to Fort McPherson, Ga., where they will be detained behind big stockades.

## HOW TO SELECT FOODS

How the Housekeeper Can Provide the Food Substances the Body Needs Economically—Nutrition Specialists of the U. S. Department of Agriculture Show How to Plan a Ration That Will Give the Best Returns for the Money Spent

WASHINGTON, D. C., April 15.—Adults and children must get several different substances from the food they eat or they will miss something which is essential to bodily efficiency and health according to the nutrition specialists of the United States Department of Agriculture. The housewife, therefore, who plans her meals or attempts to save money on food without some knowledge of these substances and of the five simple groups of foods which supply them is very liable to omit from her meals some food essential for the growth of children or necessary to supply the family with the energy they need for their daily tasks. Attempted economy which entirely omits certain foods may well prove a very poor investment because of its ultimate effect on the well-being of the household. Price, individual preference for certain foods, and even the fact that hunger is satisfied after a meal are not safe guides. To mistake at ten cents apiece in winter are no more nutritious than they are at five cents a quart in summer. A child might crave much more sugar than he needs for his body. A bulky diet of potatoes or bananas might make a person feel he had eaten enough, but would not furnish him with the elements that his body needs.

To plan on meals in the interest of family efficiency and economy at the same time, the housewife fortunately does not need to do elaborate sums in calories or to have any intimate understanding of such terms as protein and carbohydrates. All she needs to do is to classify the food she uses into five simple household groups laid down in recently issued Farmers' Bulletin 808, published by the office of home economics, United States department of agriculture. The purpose of the bulletin, which is the first of a series of simple pamphlets dealing with the economical use of foods, is to enable the average housewife to plan her meals effectively, even though she has no special training in chemistry or dietetics.

The substances which the specialists find are needed in the daily diet to maintain the body may be grouped under seven heads: Mineral substance, protein, starches, sugars, fats, cellulose and certain little-known but very important growth-stimulating substances.

**Day's Food Requirements**  
That these essential substances are not difficult for the average housewife to provide is shown by the following combinations which the specialists believe indicate the daily food requirements of normal individuals:

**For a Man**  
A man who does fairly hard muscular work would be likely to get the food which his body needs if supplied daily with such a combination of foods as the following:

1 1/2 pounds of bread (having about the same food value as 1 pound of such cereal preparations as wheat or rye flour, oatmeal, corn meal, rice, etc.)  
2 ounces, or 1/4 cup, of butter, oil, meat drippings, or other fat.  
2 ounces, or 1/4 cup, of sugar, or 1-2 cup

of honey, or sirup, or an equivalent amount of other sweet.  
1 1/2 pounds of food from the following: Fresh fruits and fresh or root vegetables.

12 ounces of food from a class which may be called "meats and meat substitutes;" that is, moderately fat meats, poultry, fish, eggs, cheese, dried legumes (beans, soy bean, peas, lentils, cowpeas and peanuts). Milk also belongs among these foods, but because of the large amount of water it contains, half a glass, or 4 ounces, of it would be required to equal an ounce of any one of the others.

A man who works hard out of doors all day probably would need more food than this, and one who sits all day at his desk would need less. The amounts given are suitable for a man who, like a salesman in a store, walks about more or less and does more or less of such work as lifting.

**For a Family of Five**  
A family consisting of a man and a woman, who do moderately hard muscular work, and three children—say, between 2 and 12 years of age—would get the food they require if supplied daily with:

4 1/2 pounds of bread, having about the same value as 4 1/2 pounds of wheat or rye flour, oatmeal, corn meal, hominy or rice; or about 2 3/4 pounds of such cereals and 5 or 6 medium-sized potatoes.

A little more than one cup of sugar or a weekly allowance of 4 pounds; or an equivalent amount of some other sweet, such as 1 1/2 cups of sirup or honey a day, or 3-4 pound of dried figs or raisins a day.

4 pounds in all of fresh fruits and fresh or root vegetables.

One of the two following, the choice depending on the age of the children:  
3 quarts of milk and 1 pound of other foods taken from the meat and meat-substitute group.

2 quarts of milk and 1 1/2 pounds of other foods taken from the meat and meat-substitute group.

**Cereals Used Freely**  
In these combinations of food it will be noted, bread and other preparations of cereal food are used as freely as they conveniently can be, without making the ration one-sided or unattractive. A diet equal in nourishment might be planned with less cereal, but this would make it necessary to increase the amounts of more costly foods, such as meat, fruits, and vegetables.

Cereals can be used freely without making the diet monotonous if they are served in a variety of forms and combined with other nutritious or flavoring materials, such as meat, cheese, onions, celery, tomatoes, and other vegetables and dried, cooked, or fresh fruits.

**Meals for Family of Five**  
The food materials indicated as being required may be combined into three meals in many ways. The following meals are given not because they are recommended above many others that might be prepared, but simply to show that such foods can be combined into dishes commonly used in American homes. These meals supply during the day all of the eight essential substances and also provide flavoring and condiments lacking, while not important as sources of nourishment, add to the attractiveness of certain foods.

**Breakfast**—Fruit, 1 1/2 pounds of fresh fruit (equivalent to 2 medium-sized oranges, 5 small apples, or a quart-box of strawberries), or three or four ounces of dried fruits (equivalent to 10 or 12 dates or 4 or 5 figs.)  
Cereal breakfast food, 4 ounces before being cooked, or about 1 1/2 pints after it is cooked. The equivalent in food value in puffed or flaked, ready-to-eat cereals would be 5 or 6 cups.

Milk on cereal, 1/4 cup for each person.  
Sugar on fruit, on cereal, or in coffee, 2 1/2 level tablespoons or 1 1/4 ounces, except pure "spoon" sugar, 1/2 ounce.  
Bread, 8 slices, or 8 ounces.  
Butter, 1 1/4 ounces, or 2 1/2 cubic inches.

An egg, or 2 ounces of meat, fish, or poultry for each other person, and a glass of milk for each young child.  
Dinner—Meat, or fish, 1/4 pound per grown person; or, for each child, an egg or a glass of milk.  
Potatoes (5 medium sized), 1 1/2 pounds.  
Another vegetable (turnips, spinach, corn, cauliflower, or other), 1 pound.  
Bread, 8 slices, or 8 ounces.  
Butter, 1 1/4 ounces, or 2 1/2 cubic inches.

Steamed apple (or other fruit) pudding. (Ingredients: Two cups flour, 2

tablespoons butter, 3-4 cup milk, 4 apples, 1 tablespoon sugar.)

Sauce. (Ingredients: One-half cup sugar, 1 1/2 tablespoons flour, 2 teaspoons butter, 2 teaspoons butter, 1/4 cup water, flavoring.)

Supper—A gravy made out of 1 pint of skim milk, 1/4 cup flour, 2 level teaspoons butter, and 4 ounces salt or smoked fish (just enough for flavor). To this can be added the egg yolk left from the frosting of the cake. (See below.)

Rice, 8 ounces, or 1 cup, measured before being cooked.  
Bread, 8 slices, or 8 ounces.  
Butter, 1 1/4 ounces, or 2 1/2 cubic inches.

One-half of a cake. (Ingredients for whole cake: One-half cup butter, 1/2 cup sugar, 1/2 cup milk, 1 1/2 cups flour, 2 1/2 teaspoons baking powder.) Frosting made with 1 egg white and 1/4 cup sugar.

**Importance of Various Substances**  
The mineral substances, such as lime salts, compounds of phosphorus, iron, and others are supplied largely by vegetables. They serve the body as building material, tend to counteract acidity in the body tissues and fluids and are useful in other ways. Vegetables and fruits, therefore, should not be neglected in the diet, especially as they supply also another substance, cellulose, the framework material of plants, which gives bulk to the diet and tends to prevent constipation.

Protein, a substance supplied by meat or meat substitutes, including milk, is a very important fuel and body-building material. It provides an element—nitrogen—needed to form body tissues. It is needed in childhood but also to make good the wear and tear of use in persons of any age, thus keeping the body in repair. Absence of foods supplying protein would give a diet lacking in body-building materials.

Different kinds of starch, sugar, and fat are important fuels of the body. They furnish energy for the body. They are present in very minute quantities. These minute quantities are believed, however, to be vitally important to the body because of their effect in promoting growth in the young and in keeping the body well.

**WILL NOT INTERNE AMERICANS**  
[Republican A. P. Leased Wire] BERLIN, April 13 (via London, April 13).—There will be no internment of Americans in Germany. After a conference between the political and military authorities tonight it was announced that the German government would treat Americans here virtually

## THE HUB PHOENIX, ARIZ.

## Value In Our

**Fashion Park Clothes**  
Tailored at Fashion Park, Rochester, N.Y.

Means "FULL MONEY'S WORTH"

It means dollar for dollar in looks and wear. "FASHION-PARK" Clothes value means even more. It means an added something which money cannot ordinarily buy, in men's clothes. That "something" in a man would be called personality. In "FASHION-PARK" Clothes it is the unmistakable stamp of superiority.

Now ready for your inspection.

Panamas and Other Straws, Now on Display



The "Britton" \$25.00

## THE HUB RATHBARN

## SHIPPERS HAVE SPLIT IN RANKS

[Republican A. P. Leased Wire] CHICAGO, April 13.—Thirty-eight members of the shippers' national conference, assembled to formulate a protest against the raise in freight rates, which railroads desire from the interstate commerce commission, marched out of the meeting today after adoption of a resolution to which they objected. Trouble cropped out at the opening session when charges were made that some of those present were representatives of the railroads.

The resolution which resulted in the split protested against any raise in rates by the railroads "without full and adequate investigation by the interstate commerce commission as to the alleged financial needs of the carriers." Henry C. Barlow, traffic director of the Chicago Association of Commerce offered a counter resolution placing the matter entirely at the discretion of the interstate commerce commission. This was voted down and the original resolution adopted, 119 to 38. When the vote was announced Mr. Barlow walked out at the head of thirty-seven others who supported his substitute resolution.

The conference elected as permanent officers: H. C. Wallace of Des Moines, chairman; and H. W. Danforth of St. Louis, treasurer.

on the same lines as laid down in President Wilson's proclamation concerning the treatment of Germans in the United States.

**MISSOURI CIVILIZED**  
JEFFERSON CITY, Mo., April 13.—Governor Gardner today signed the

Whittaker bill which prohibits capital punishment.

## ALIENS WILL HAVE TO RAISE OWN FOOD

[Republican A. P. Leased Wire] WASHINGTON, April 13.—All aliens now detained because of inability to qualify for admission to the United States will be given an opportunity to grow their own food of the immigration service can find farming communities suitable for their needs. Ellis Island and other stations, jammed with some 3,000 aliens, the country cannot deport because of the war, will be cleared under the plan.

Crews taken from the German and Austrian merchant ships in American harbors will be included in the moving order. No aliens turned back at the nation's eastern gates have been deported since the war because of the perils of trans-Atlantic travel.

**SANTOL TOOTH POWDER OF PASTE**  
Keeps the Teeth White and Healthy

**\$ SOUTHWEST \$ INSPIRATION \$**

## DELICATESSENS

at prices that should put them in every home

Imported French Peas, can	37c
Monarch Peanut Butter, small jars	10c
Monarch Peanut Butter, 8-oz. jars	12 1/2c
Monarch Peanut Butter, 16-oz. jars	23c
Monarch Peanut Butter, 24-oz. jars	35c
IXL Tamales, Enchiladas, Chili, 3 cans	25c
McLaren's Cheese, medium size	15c
McLaren's Cheese, club size	25c
Bismark Mustard	15c; 2 for 25c
Salmon, regular 20c can	15c
Tuna, regular 20c can	15c
Monarch Shrimp, small size	20c
Monarch Shrimp, large size	35c
Libby's Canned Kraut	15c
Heinz' Tomato Chutney	30c
Heinz' Tomato Chili Sauce	30c
Underwood's Deviled Ham, small size	15c
Underwood's Deviled Ham, large size	25c
Cross and Blackwell's Imported Parmesan Cheese for	35c

The Best Always at

## HURLEY'S MARKET

P. T. Hurley Prop.

788 Phones 789

114 East Washington St.